

Start your morning with a Breakfast Bowl



Fluffy scrambled eggs with pork bacon and cheddar cheese paired with crispy hash potatoes and served with a warm whole-grain biscuit.

PLEASE NOTE: Due to major supply chain disruptions many food entrées or sides may be substituted due to unplanned shortages or limited availability.

Breakfast

Options: Listed Entree or General Mills Whole Grain Cereal, graham crackers, and a variety of fresh or canned fruit will be offered daily, along with choice of milk.

Vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pizza	Breakfast Bowl	Breakfast Pizza	Breakfast Bowl	Breakfast Pizza
Fat Cat Bakery Fresh Baked Muffins	Steak & Cheese Tornado	Fat Cat Bakery Fresh Baked Muffins	Steak & Cheese Tornado	Fat Cat Bakery Fresh Baked Muffins
Yogurt Bento Box	Yogurt Bento Box	Yogurt Bento Box	Yogurt Bento Box	Yogurt Bento Box
Mango Naked Juice	Orange Juice	Orange Juice	Orange Juice	Dannon Fruit Smoothie

Lunch

Lunch options: Variety of fresh fruits and vegetables and choice of fresh milk will be offered daily with all lunch entrees. Menu subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Orange Chicken Bowl	Chicken Alfredo Bowl* with Garlic Cheese Toast	Popcorn Chicken Bowl with Mashed Potatoes, Corn & Gravy	Cheeseburger	Classic Spicy Chicken Sandwich
Chicken Caesar Salad* with Grilled Cheese Sandwich	Chicken Caesar Salad* w/Grilled Cheese Sandwich	BLT Salad with Grilled Cheese Sandwich	Chicken Caesar Salad* w/Grilled Cheese Sandwich	Chicken Caesar Salad* w/Grilled Cheese Sandwich
Pepperoni or Cheese Pizza by the Slice	Pepperoni or Cheese Pizza by the Slice	Green Chili and Cheese Burrito* with Nachos	Green Chili and Cheese Burrito* with Nachos	Pepperoni or Cheese Pizza by the Slice
Chicken Ranch Wrap	Tornados (2 each)	Steak & Cheese Tornados	Chicken Ranch Wrap	Chicken Ranch Wrap

STUDENTS:

Want to earn some extra money during your lunch break?

We are again hiring student engagement workers at John F. Kennedy, Hiram Johnson, Rosemont, CK McClatchy, and Luther Burbank High Schools for 30 minutes a day. If you are interested, see or call the Supervisor of your school cafeteria.

Learn customer service skills and build your resume for college and career readiness!



Snap peas, also called sugar snap peas, are a cross between English peas and snow peas.

Snap Peas have a thicker skin and smaller peas than regular English pea pods, making them easy to chew raw as a sweet and crunchy snack.

Snap Peas are loaded with vitamin C. They are a rich source of niacin and folate, which help your body convert food to energy. They also provide vitamin K, which supports bone health and blood function, as well as iron and other essential minerals.

* Starred entrées are available as vegetarian meals upon request!



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Nutrition Services
916-395-5600
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